IN THE CLAIMS:

- 1. (Currently amended) An apparatus, comprising an optical fiber having at least three distinct, concentric cylindrical regions $\frac{1}{1}$, $\frac{1}{2}$ and $\frac{1}{2}$ (1), (2) and (3) having corresponding refractive indices of $\frac{1}{1}$, $\frac{1}{1$
- 2. (Original) The apparatus of claim 1, further comprising means for optically pumping said optical fiber, said apparatus further comprising means for coupling signal light into said optical fiber to be amplified.
- 3. (Original) The apparatus of claim 2, wherein said means for optically pumping said optical fiber includes a laser diode or laser diode array.
- 4. (Currently amended) The apparatus of claim 2, wherein n_1 , n_2 and n_3 (n_1), (n_2) and (n_3) and n_3 and n_4 and n_4 (n_5) and (n_5) are chosen to provide a fundamental optical mode at the wavelength of said signal light such that the electric field of said fundamental optical mode at the center of said cylindrical

regions is approximately the same strength as the electric field at the outer edge of region 2 (2).

- 5. (Currently amended) The apparatus of claim 1, wherein said optical fiber is further surrounded by a region with refractive index $n_4 < n_3$ (n_4)<(n_3) to provide a multi-mode waveguide.
- 6. (Currently amended) The apparatus of claim 1, wherein the cylindrical symmetry of region 3 (3) is deliberately broken via de-centering of region 3 (3) from regions 1 and 2 (1) and (2) or by altering the outside shape of region 3 (3).
- 7. (Original) The apparatus of claims 1, wherein the optically active rare earth ion is selected from one of the following Yb³⁺, Nd³⁺, Sm³⁺, Tm³⁺, Er³⁺, Ho³⁺, Dy³⁺ or Pr³⁺.
- 8. (Currently amended) The apparatus of claim 1, wherein said optical fiber comprises fused silica in region 3 (3) and fused silica with germinia germania, phosphorous, fluorine or alumina in regions 1 and 2 (1) and (2).
- 9. (Currently amended) The apparatus of claim 1, wherein n_3 (n_3) is nominally the index of fused silica, $n_2=n_3+0.002$ and $n_1=n_3+0.001$ and $d_1=24.4$ μm_7

 d_2 =30 μ m and d_3 (n_2)=(n_3)+0.002 and (n_1)=(n_3)+0.001 and (d_1)=24.4 μ m, (d_2)=30 μ m and (d_3) is in the range of 80 to 1000 μ m.

10. (Currently amended) The apparatus of claim 1, wherein n_3 (n_3) is nominally the index of fused silica, $n_2=n_3+0.002$ and $n_1=n_3+0.001$ and $d_1=44.72$ μm_1 , $d_2=50$ μm and d_3 (n_2)=(n_3)+0.002 and (n_1)=(n_3)+0.001 and (n_3) is in the range of 80 to 1000 μm .

- 11. (Currently amended) The apparatus of claim 1, wherein said rare earth ion is confined to region 1 (1) or a concentrically located sub-region of region 1 (1).
- 12. (Currently amended) The apparatus of claims 1, wherein said fiber is preferentially wound around a cylindrical mandrel of radius R (R), where R (R) is chosen such that there is minimal bend induced attenuation for the desired waveguide mode propagating in the core of the fiber, but significant attenuation for all other modes at the signal wavelength.
- 13. (Currently amended) The apparatus of claim 1 2, wherein said signal pulse <u>light</u> comprises an ultrashort pulse, said apparatus further comprising means for temporally stretching said signal pulse prior to coupling

said signal light into said optical fiber, wherein the stretched pulse is greater than 10 times longer in time than said signal pulse.

- 14. (Original) The apparatus of claim 2, further comprising means for providing feedback to said apparatus.
- 15. (Original) The apparatus of claim 14, wherein means for providing feedback include at least one mirror configured to reflect a portion of light emitted optical fiber back into said optical fiber.
- 16. (Currently amended) The apparatus if claim 14, wherein said means for providing feedback feedback include includes at least one optical isolator.
- 17. (Original) The apparatus of claim 2, further comprising a Q-switch operatively positioned to produce a pulsed output from said optical fiber.
- 18. (Original) The apparatus of claim 2, further comprising polarizers and polarization control elements operatively positioned to achieve modelocking, the apparatus further comprising a parallel grating pair operatively balance cavity dispersion.

- 19. (Original) The apparatus of claim 2, further comprising a non-linear crystal provided at the laser output in order to frequency double the laser output.
- 20. (Currently amended) The apparatus claim 2, further comprising a non-linear crystal configured configured for sum frequency generation.
 - 21. (Currently amended) A method, comprising:

providing an optical fiber having at least three distinct, concentric cylindrical regions $\frac{1}{1}$, $\frac{2}{1}$ and $\frac{3}{1}$ (1), (2) and (3) having corresponding refractive indices of $\frac{1}{1}$, $\frac{1}{1}$ and $\frac{1}{1}$, ($\frac{1}{1}$) and ($\frac{1}{1}$) and corresponding diameters $\frac{1}{1}$, $\frac{1}{1}$ and $\frac{1}{1}$ and ($\frac{1}{1}$), ($\frac{1}{1}$) and ($\frac{1}{1}$), ($\frac{1}{1}$) and ($\frac{1}{1}$), where $\frac{1}{1}$ and $\frac{1}{1}$ and $\frac{1}{1}$ and $\frac{1}{1}$ and $\frac{1}{1}$ and $\frac{1}{1}$ and at least one of these regions contains an optically active rare earth ion;

optically pumping said optical fiber; and coupling signal light into said optical fiber to be amplified.

- 22. (Original) The method of claim 21, wherein the step for optically pumping said optical fiber includes optically pumping with a laser diode or laser diode array.
- 23. (Currently amended) The method of claim 21, wherein n_1 , n_2 and n_3 (n_1), (n_2) and (n_3) and n_3 and n_4 , n_4 and n_5 (n_4), (n_5) are chosen to provide a

fundamental optical mode at the wavelength of said signal light such that the electric field of said fundamental optical mode at the center of said cylindrical regions is approximately the same strength as the electric field at the outer edge of region 2 (2).

- 24. (Currently amended) The method of claim 21, wherein said optical fiber is further surrounded by a region with refractive index $n_4 < n_3$ (n_4)<(n_3) to provide a multi-mode waveguide.
- 25. (Currently amended) The method of claim 21, wherein the cylindrical symmetry of region 3 (3) is deliberately broken via de-centering of region 3 (3) from regions $\frac{1}{2}$ and $\frac{1}{2}$ or by altering the outside shape of region $\frac{3}{2}$ (3).
- 26. (Original) The method of claim 21, wherein the optically active rare earth ion is selected from one of the following Yb³⁺, Nd³⁺, Sm³⁺, Tm³⁺, Er³⁺, Ho³⁺, Dy³⁺ or Pr³⁺.
- 27. (Currently amended) The method of claim 21, wherein said optical fiber comprises fused silica in region 3 (3) and fused silica with germinia germania, phosphorous, fluorine or alumina in regions 1 and 2 (1) and (2).

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28. (Currently amended) The method of claim 21, wherein said fiber is preferentially wound around a cylindrical mandrel of radius R (R), where R (R) is chosen such that there is minimal bend induced attenuation for the desired waveguide mode propagating in the core of the fiber, but significant attenuation for all other modes at the signal wavelength.